

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Granny Smith Apples

Apples are good for you because: they are an excellent source of Vitamin C and Dietary Fiber. Granny Smith apples also help the health of your teeth, stomach, and heart.

Farm to School ~

Choose apples that are firm, smooth-skinned with intact stems. Apples should smell fresh and not musty. Apples can be stored in the fridge for up to 3 weeks.

Selection and Storage ~

Select Apples that have rounded stalks that are not too thick or twisted, with firm/thin stems that have dark green or purple closed tips. Store in the refrigerator, preferably wrapped in a damp paper towel. Eat within five days of purchase.

Origin ~ Where did it come from?

Granny Smith apples originated in Sydney, Australia in 1868 accidentally in a compost pile by a woman named Maria Ann Smith, which is where the name originated from.

Fun Facts



Granny Smith apples keep their green color during their entire life. The saying "An apple a day keeps the doctor away" started in the 1800s in Wales. These are typically the apples found in pies because they hold their shape so well when cooked.

Word Search

J N L Z G F H A L G
S I X K R B K Q O S
L M W U E H Y N I M
S A I Q E N Z Z C Y
W T Y T N A P P L E
S I M A H A I R A M
E V R E J I N F W Z
P G D Z T D N R Q Q
Y E N X L S A D P D
W U Z I M P B Z F P

ANN	APPLE	FRUIT
GRANNY	GREEN	MARIA
SMITH	STEM	VITAMIN



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APPLE COLORING



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